



Moving Away from “No Pain, No Gain”

**Performance Science and Therapeutic Care in
Conservatory Training**

Peabody Conservatory Lunch and Learn Series

October 20, 2020



TRINITY LABAN CONSERVATOIRE OF MUSIC & DANCE



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Covid-19 measures

Blended learning approach & small groups
Social distancing & enhanced safety & cleaning measures

Curricula

BMus module *Introduction to music psychology*
BMus module *Movement for musicians*
BMus module *Professional portfolio*
MMus module *Psychology in music performance*

Research

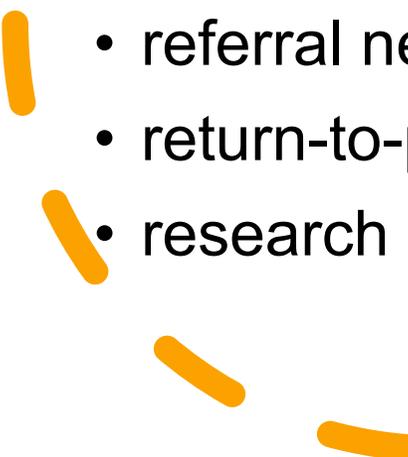
Cross-faculty research on the psychological impact of virtual learning and teaching as a result of the Covid-19 pandemic

Health clinic and conditioning studio

Physiotherapy & triage
Sports massage, acupuncture & craniosacral therapy
Conditioning studio & online classes



University of Rochester/ Eastman School of Music

- new student orientation modules: normally offered for entering students, but a COVID casualty this year
 - onsite clinical care: physician, RN, and counselor (prepaid) and PT (billed to insurance)
 - referral network: Eastman Performing Arts Medicine
 - return-to-play guidelines: customized for individual
 - research studies: 38 yr database on the incidence of PRMD's
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Peabody Institute/Johns Hopkins Medicine

Sarah Hoover, Serap Bastepe-Gray, Andrea N. Lasner, and Ken Johnson



Clinical Services

- **Peabody Clinic for Performing Artist (JHRN):**
 - PT/OT onsite, Advisement Sessions, MSK Screenings, Backstage Services
- **Student Health & Wellness Center**
- **Hopkins Mental Health Resources**
- **Orthopedic, Neurology, PMR Referral**



Education

- **Curriculum:**
 - Playing Well Courses
- **Co-Curricular programs:**
 - Peak Performance Fundamentals
 - Wellness Workshops & Seminars
- **Clinical Education & Training:**
 - Performing Arts PT Fellowship Program (JHRN)



Research

- **Instrument:**
 - Smart Guitar (Mechanical Engineering)
 - Guitarists' Dystonia (Neurology)
 - Mental Practice in Musicians
 - Improvisational Behaviors with/without imagery
- **Dance:**
 - Predictors of MSK Disorders (JHRN)
 - DanceFIT Screening Tool (JHRN)
- **Voice:**
 - SongVeil (Mechanical Engineering)



UNIVERSITY OF NORTH TEXAS

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Welcome to the Texas Center for Performing Arts Health

studying, treating, and preventing various occupational health problems associated with learning and performing music and other performing arts.

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Texas Center for Performing Arts Health

How would you describe cultural perceptions and attitudes around performance injury? (Check all that apply) (81 respondents)

